

**COMPARATIVE EVALUATION OF EFFECTS OF HONEY, GREEN
TEA AND CURRY LEAVES ON SALIVARY STREPTOCOCCUS MUTANS
AND LACTOBACILLUS IN 12-15 YEARS SCHOOL GOING CHILDREN,
NAMAKKAL DISTRICT TAMILNADU--AN IN-VIVO STUDY**

INTRODUCTION: Chlorhexidine(CHX) is considered as a gold standard of antimicrobial rinses. Various herbal oral rinses are available in the market. However, little is known of its effectiveness. Chlorhexidine though effective, herbal products which also act against cariogenic microbes could be considered as natural, economic alternative.

AIM: To evaluate the effects of honey, Green tea and curry leaves on salivary levels of streptococcus mutans and lactobacillus.

MATERIALS AND METHODS: One hundred and twenty school children aged from 12-15 yrs with atleast one dental caries were selected and divided into 4 groups of which 30 per each group randomly. They were given three natural mouth rinses with control group chlorhexidine. A base line and post rinsing (after 2 weeks) non stimulated whole salivary samples were collected for colony counts. They were tested for the colony forming units of Streptococcus mutans and lactobacilli species, using Mitis Salivarius Bacitracin Agar and Rogossa SL Agar respectively. The colony forming units were identified and counting done with handheld digital colony counter.

RESULT: There is a statistically significant reduction in microbial count for all four group (p value <0.05). Repeated measures of ANOVA shows p value 0.670 indicating no significant difference in the microbial reduction among the intervention groups. However green tea was effective in reducing the S.mutans and L.bacillus than the curry leaves and honey group.

CONCLUSION: Herbal Mouthrinses can be considered safe, economical and can be used without much concern. However, further studies with higher sample size are recommended.

KEY WORDS: Chlorhexidine, Herbal Mouthrinses, lactobacillus, Streptococcus mutans,